TASK BANNER

// Define meal options

const meals = {

breakfast: ["Whole grain toast with avocado and poached eggs", "Greek yogurt with mixed berries and granola", "Oatmeal topped with sliced bananas and almond butter"],

midMorningSnack: ["Apple slices with peanut butter", "Handful of almonds and a piece of fruit", "Carrot sticks with hummus"],

lunch: ["Grilled chicken salad with mixed greens and balsamic vinaigrette", "Quinoa salad with chickpeas and lemon-tahini dressing", "Whole wheat wrap with turkey and avocado"],

afternoonSnack: ["Cottage cheese with pineapple chunks", "Rice cakes with cottage cheese and tomatoes", "Trail mix (nuts, seeds, and dried fruits)"],

dinner: ["Baked salmon with sweet potatoes and broccoli", "Stir-fried tofu with mixed vegetables and brown rice", "Lentil soup with whole grain bread and salad"]

};

// Function to generate a random meal plan

function generateMealPlan() {

const mealPlan = {};

for (let meal in meals) {

const randomIndex = Math.floor(Math.random() \* meals[meal].length);

mealPlan[meal] = meals[meal][randomIndex];

}

return mealPlan;

}

// Function to display the generated meal plan

function displayMealPlan(mealPlan) {

console.log("Your Daily Meal Plan:");

console.log("---------------------");

for (let meal in mealPlan) {

console.log(`${meal.toUpperCase()}: ${mealPlan[meal]}`);

}

}

// Generate and display the meal plan

const plan = generateMealPlan();

displayMealPlan(plan);